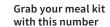
Deli-Style Muffaletta Sandwich with Capsicum Relish & Cheddar













Wholemeal Panini





Chargrilled Capsicum Relish



Mixed Salad



Prosciutto



Shredded Cheddar



Cheese

Prep in: 15 mins Ready in: 30 mins **Pantry items** Olive Oil, Honey

Before you start

Wash your hands and any fresh food.

You will need Large frying pan

Ingredients

	2 People
olive oil*	refer to method
courgette	1
tomato	1
wholemeal panini	2
chargrilled capsicum relish	1 medium packet
honey*	1 tsp
mixed salad leaves	1 small packet
prosciutto	1 packet
shredded Cheddar cheese	1

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2207kJ (528cal)	289kJ (69cal)
Protein (g)	28.1g	3.7g
Fat, total (g)	20.2g	2.6g
- saturated (g)	8.1g	1.1g
Carbohydrate (g)	53.7g	7g
- sugars (g)	12.2g	1.6g
Sodium (mg)	1644mg	215.6mg
Dietary Fibre (g)	8.2g	1.1g

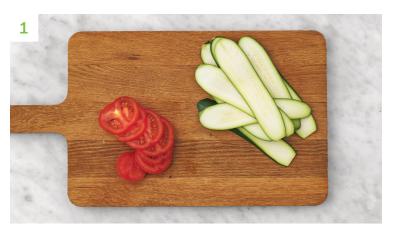
The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.nz/foodinfo for allergen and

ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Thinly slice **courgette** lengthways. Thinly slice **tomato**.
- Cut wholemeal panini in half lengthways.



Cook the courgette

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Add courgette and cook, turning until tender, 4-5 minutes. Season with pepper.



Assemble the sandwich

- In a small bowl, combine chargrilled capsicum relish and the honey
- Spread panini bases with the capsicum relish mixture.
- Build your sandwich by layering with some courgette, mixed salad leaves, tomato, prosciutto and shredded Cheddar cheese.



Serve up

- Toast each sandwich in a sandwich press until toasted to your liking.
- Serve up toasted deli-style muffuletta sandwich. Enjoy!

